

# **ECHO Q&A**

## ***Emergency and Community Health Outreach***

### **Questions & Sample Answers / ECHO-TV “Active Living and Healthy Eating on a Budget” (Recording Show: @ TPT)**

#### **Final Version**

#### **1. What is healthy eating and how does that apply to our culture?**

- Variety and balance of foods
- Portion control, using moderation
- Half your plate is fruits and vegetables
- Healthy exercise
- Check with your doctor about best diet

#### **2. What are the basic things you can do to have a healthy lifestyle?**

- Start each day with a healthy breakfast
- Eat healthy foods like vegetables, fruits, whole grains, low-fat or fat-free dairy, and lean protein or meat
- Plan meals ahead of time
- Cook from scratch for meals that taste better and are better for you and your children.
- Eat smaller portions
- Be as active as you can
- Don't smoke
- Don't use drugs
- Drink alcohol in moderation
- Get regular check-ups and talk to your doctor
- Make healthy changes gradually
- Try new recipes, new ingredients, have fun, be creative

#### **3. Why do people sometimes have a hard time making healthy eating choices?**

- So many foods available – so many choices!
- Some healthy foods are unfamiliar – don't know how to eat them, how they taste
- Sometimes we don't know how to prepare foods

- Some healthy foods can be expensive – it’s hard to maintain a food budget
- Sometimes unhealthy food is easier to get – fast food, convenience store foods, etc.

#### **4. What foods should you eat more of?**

- Vegetables, which provide essential vitamins, minerals and nutrients that keep you healthy. Fresh, frozen and canned all count.
- Fruits, which provide many essential minerals and nutrients while lowering your risk of many common diseases and health problems.
- Whole Grains—like corn tortillas instead of flour tortillas, and brown rice instead of white rice.
- Beans, nuts, and eggs
- Lean meats like poultry and fish
- Low-fat or fat-free milk and dairy products
- Drink water instead of soda or sweetened drinks

#### **5. What foods should you limit?**

- Chips
- Soda, energy drinks and sports drinks
- Desserts
- Most fast foods
- Many pre-packaged foods
- Foods high in fats, sugars, and salt.

#### **6. Where can we find help in making healthy eating choices?**

- Simply Good Eating program, known as the “Let’s Eat the Right Foods” program when it’s delivered through the Minnesota Chippewa Tribe, can help
- Classes centering on basic nutrition and healthy choices
- How to feed a family in healthy and affordable ways
- Cooking and food preparation training
- Taste-testing new foods
- Shopping tips to help make healthy, affordable choices
- Resources to help stretch food dollars

##### **6a. Where can we find a Simply Good Eating/Let’s Eat the Right Foods class?**

- Classes are offered at many of the places we go – schools, social service agencies, ELL classes, etc.
- If you want to find out where classes are near you or if you would like to have nutrition education classes at your organization, visit [extension.umn.edu/nutrition](http://extension.umn.edu/nutrition) or call 612-625-7070.

- On the Bois Forte, Fond du Lac, Grand Portage, Leech Lake, Mille Lacs, and White Earth reservations call the Minnesota Chippewa Tribe at 1-888-903-8543.
- If you go to programs in the community, ask them if they can offer Simply Good Eating classes.

### **7. How do create and keep a budget for food?**

- Plan your meals in advance, have shopping list, fewer trips to stores
- Shop smart, look for sales, coupons
- Buy local foods, cheaper to transport
- Shop at Farmers' Markets (Dream of Wild Foods)
- Buy fruits and vegetables when in season
- Grow your own food: personal and community gardens
- Imported foods are more expensive
- Avoid convenience stores if possible, grocery stores are cheaper
- Leftovers save time and money

### **8. How can I get help buying healthy meals?**

- Food Stamps/Supplemental Nutrition Assistance Program (SNAP)
- SNAP is the new name for program formerly known as Food Stamps
- Money goes on EBT
- Food Shelves
- WIC (Women, Infants & Children) Nutrition Program
- Free/reduced school lunches
- Call the Minnesota Food Helpline to see if you are eligible and learn how to apply: 1-888-711-1151

### **9. What is a Simply Good Eating (or Let's Eat the Right Foods) class like?**

- Classes on basic nutrition and cooking healthy and tasty meals
- How to feed a family in healthy and affordable ways
- Taste-testing new foods
- Grocery shopping tips to help make healthy, affordable choices
- Teaches ways to reduce food bills and get more out of the food you buy
- Provides easy and healthy recipes
- Gives tips on keeping food safe
- Energizer breaks to keep active
- Games, social time, fun!
- Demonstrates healthier ways to make traditional dishes
- Suggests fun ways to become more active
- Instructor knows what it's like to have limited income - understands how hard it can be
- Good tips, easy-to-use ideas

- Set personal goals to make healthy changes
- Fun, hands-on activities, it's a social event
- Youth can learn in classes too
- If youth like to cook, they may not eat out so much, will eat better

**10. What are some simple ways to be physically active each day?**

- Walk
- Dance, including traditional and cultural dances (powwow)
- Play with children
- Take stairs instead of elevator
- Bike
- Play soccer/football/futbol, other games and sports
- Park further away from building entrances
- During winter find ways to stay active, use skyways, go to the mall
- A little activity every day makes a big difference!

**11. What resources can help me and my family stay physically active?**

- Simply Good Eating (or Let's Eat the Right Foods) classes promote physical activity.
- Classes discuss free or low-cost options for physical activity in your neighborhood.
- Talk about ways to increase physical activity in your day to day life
- Use community centers, rec centers, local parks, walking and biking trails
- YMCA and others have family and sliding discounts to keep cost down

**12. What are some short-term benefits to an active lifestyle?**

- A healthier heart
- Healthy muscles, bones, and joints
- Increased burning of calories
- Better ability to cope with stress
- Increased energy
- Sharper and faster thinking

**13. What are some long-term benefits to an active lifestyle?**

- Healthier life
- Reduce risks of obesity
- Reduce risks of heart disease or blood circulation diseases
- Reduce high blood pressure
- Reduce risk of Type 2 diabetes
- Reduce stress

**14. How do healthy eating and active living help families and children?**

- Parents and other family adults are role models for children
- The whole community is a role model for next generation
- Eating and cooking together is good for families, important time
- Develops positive attitudes in children toward eating healthy
- Look at school lunch menus, are meals healthy?
- Caregivers for older adults, also look at menus and nutrition

**15. Can anyone participate in Simply Good Eating (or Let's Eat the Right Foods) classes?**

- Classes are meant for people who have limited incomes
- For more information and to see if you qualify, visit [extension.umn.edu/nutrition](http://extension.umn.edu/nutrition) or call 612-625-7070.
- Help available in several languages; ask for an interpreter if you need help understanding.
- On the Bois Forte, Fond du Lac, Grand Portage, Leech Lake, Mille Lacs, and White Earth reservations call the Minnesota Chippewa Tribe at 1-888-903-8543.